



DATE: 1/7  
FORMAT: Sandstorm

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	11	12	<b>STARTER:</b> Statue of Liberty (ea)	<12	15-25	30+
15	15	15	Goblet Squat on BOSU	<15	20-30	35+
10	11	12	Split Squat on BOSU (ea)	<12	15-25	30+
10	10	10	Straight Leg Sit-Up/V-Up	-	-	-
6	7	8	<b>FINISHER:</b> DB Swing Lunge Complex	<12	15-25	30+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	22	24	<b>STARTER:</b> Wallball Jump N' Press	<12	16	20
20	25	30	BR Russian Twists (ea)	-	-	-
8	10	10	Double KB Snatch	<15	20-25	30+
12	15	20	Seated Bicycle Crunches (ea)	-	-	-
8	10	12	<b>FINISHER:</b> Slammer Jammer	20	20	20

### Bike Protocol:

#### Bike Abbreviations

OOS – Out Of Saddle  
S – Seated  
SP – Sprint  
C – Climb  
TC –Trainer's Choice  
(Sprint, Climb, Tier etc..)  
\*No CHALLENGES on TC\*  
LMAO – Last Minute All Out  
CEC- Class Energy Challenge  
CDC- Class Distance Challenge  
CCC- Class Calorie Challenge  
AFAP- As Far/Fast as Possible  
EMOM- Every Minute on the Minute  
EHM- Every Half Minute  
RR= Recovery Ride

Time	Type	L1	L2	L3
Bike Ride:				
	TC			
	High MPH Hold- 0:20, complete 3x total	12	15	18+
	TC			
	CDC- 0:30 OOS/0:30S/RR			
	CDC- 0:30 OOS/0:30S/RR (beat previous)			
	LMAO			
	<b>STARTER:</b> Calories on Bike (men + 5)	15	20	25
	<b>FINISHER:</b> Distance on Bike	.4	.5	.6

#### Format & Rotation Options

Revolution- Members Split on the circuits first  
3C- Members Distribute Evenly on Bike, Strength, HIIT  
TIC- Timed Interval Circuit  
ORA- One Round Assault  
Funnel- Decreasing a Rep each Round  
Reverse Funnel- Adding a Rep each Round  
AMRAP- As Many Rounds As Possible

#### Recovery Protocol:

Lying Leg Raise  
Pigeon Pose  
Side Reach  
Lying Down Figure 4  
Cobra